

# EAT A COLORFUL VARIETY OF FRUITS AND VEGETABLES EVERY DAY

"Whether therefore ye eat or drink, or whatsoever ye do, do all unto the glory of God."  
(1 Corinthians 10:31)

I know how important it is to eat a diet rich in fruits and vegetables every day for good health.

To help reach my fruit and vegetable goal, I pledge to do one or more of the following starting today:

- ☐ Add extra fruits and vegetables to every meal
  - ☐ Eat fruits and vegetables as snacks
  - ☐ Keep plenty of ready-to-eat fruits and vegetables at my home
  - ☐ Order a salad, side of vegetables, or fruit for dessert when eating out
  - ☐ Other
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I pledge to support Body & Soul and the brothers and sisters in my congregation by doing one or more of the following starting today:

- ☐ Bring healthy fruit and vegetable dishes to church functions
  - ☐ Bring fruits and vegetables to church as snacks for the children in Sunday School
  - ☐ Attend at least \_\_\_\_\_ Body & Soul events at the church
  - ☐ Serve as a role model by eating a colorful variety of fruits and vegetables every day
  - ☐ Other
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Signature